

NORTH COAST TRADER



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JAN. 12 - JAN. 26, 2023
VOL. 4 NO. 1

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Recruitment closes at 5:00 p.m. on
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NORTH COAST TRADER

BUY • SELL • TRADE

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TABLE OF CONTENTS

4	California Outdoors Q&A	12	Sudoku
6	10 Health Resolutions	15	Home Country
8	Resolve to Protect Your Finances	15	Crossword
9	Calendar of Events		

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ASSISTANT OFFICE MANGER

The Humboldt County Fair Association is seeking qualified applicants for the position

of Humboldt County Fair Assistant Office Manager. Located in Humboldt County Fair office 1250 5th St., Ferndale Ca. 95536

The assistant office manager will work closely with the office manager in preparation for the 2023 Humboldt County Fair and assist with day-to-day office duties throughout the year.

Summary of Duties: Answer phones, take messages and transfer to the appropriate staff member, greet public and clients and direct them to the correct staff member, coordinate messenger and courier service, prepare outgoing mail for distribution, fax, scan and copy documents, maintain office filing and storage systems, update and maintain databases such as mailing lists, contact lists and client information, type documents, reports and correspondence, assist with event planning and implementation, monitor office supplies, and keep office area clean and tidy

Key Skills and competencies: Computer Skills: Competent with Microsoft Office, internet skills including use of emails, group messaging, data collection, website editing, excellent communication skills both written and verbal, organization and planning, work management and prioritizing, problem solving ability, accuracy, flexibility, reliability, and teamwork

Preferred Skills but not required: Familiar with ShoWorks Fair Management Software, and website building/creatin.

Education and Experience: High School Diploma or equivalent, previous office experience (2 years preferred)

To apply for this position, email the following documents to: humcofair@frontiernet.net or mail to Humboldt County Fair 1250 5th St. Ferndale CA 95536.

1. COVER LETTER: Detailing your experience and talents that help make you a successful candidate for the position.

2. RESUME

CLOSING DATE: January 31st 2023

LOOKING TO HIRE A TREE TRIMMER in Southern Humboldt area. I have some branches that need trimming and a fir tree that needs to be cut down. Call 707-943-3435 or text 707-599-8292.

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CALIFORNIA OUTDOORS Q&A



CDFW

Can I Shoot A Coyote With A Compound Bow?

Coyotes

Q: I live in a condominium complex in Orange County, and coyotes sometimes run around the building — which worries those of us who have small dogs. Can I legally shoot a coyote with a compound bow if I obtain a California hunting license?

A: Assuming you are asking specific to the condominium complex where you describe seeing the coyote, the quick answer is no. Here's why:

Per California Code of Regulations, Title 14, section 472(a), a coyote is categorized as a nongame mammal. This means you can hunt them if you have a hunting license and a legal place to hunt. Coyotes

may be taken at any time of the year and in any number, and archery equipment is a legal method of take. However, most cities restrict the discharge of a firearm in urban areas like those with condominium complexes. Many municipalities further restrict the discharge of archery equipment, and pellet rifles as well. You would have to check your local ordinances to see what is prohibited.

After those possible restrictions, here's the primary law that would prohibit you from hunting a coyote in or very near your condominium complex: California Fish and Game Code section 3004(a) makes it unlawful for a person, other than the owner, person in posses-



CDFW

sion of the premises, or a person having the express permission of the owner or person in possession of the premises, while within 150 yards of an occupied dwelling house, residence or other building, or within 150 yards of a barn or other outbuilding used in connection with an occupied dwelling house, residence or other building, to either hunt or discharge a firearm or other deadly weapon while hunting. The 150-yard area is a “safety zone.”

We encourage you to visit CDFW’s Keep Me Wild page where you’ll find information on how to best coexist with coyotes and prevent attracting them in the first place. You can also reach out to CDFW’s regional offices or submit a Wildlife Incident Report online if you’re experiencing conflicts with coyotes in your community.

Legal Buck?

Q: This past deer season, my hunting friends and I got into a heated debate about whether the buck in the photo would be legal to harvest. What would CDFW say? The photo is from a trail camera on a ranch where we have permission to shoot.

A: Great question! Thanks for the photo. Yes, the buck — or male deer — in your photo is legal to take during deer season with a proper deer tag for the zone and a valid hunting license. A California deer tag that allows the harvest of a buck has a minimum requirement of a buck that is forked horn or better. California Code of Regulations, Title 14, section 351 defines a forked-horn buck as a “male deer having a

branched antler on either side with the branch in the upper two-thirds of the antler. Eyeguards or other bony projections on the lower one-third of the antler shall not be considered as points or branches.”

While the deer in your photo is missing an antler on one side, it clearly has a branched antler on the other side with the branch in the upper two-thirds of the antler, which makes it legal. If the buck is still out on the landscape, he will likely look much different next season. Male deer shed their antlers annually and regrow them through the spring and summer. Deer antlers get bigger each year so this should be a fine-looking animal if you’re lucky enough to encounter it next deer season.

Spearfishing

Q: Can I spearfish in freshwater in-

land lakes, streams and rivers?

A: There are only a few inland waters where spearfishing is allowed, and the species that can be taken by spearfishing is limited. Information on location and species can be found in CDFW’s California Freshwater Sport Fishing Regulations booklet.

The definition of “spearfishing” comes from California Code of Regulations, Title 14, section 1.76:

The taking of fish by spear or hand by persons who are in the water and may be using underwater goggles, face plates, breathing tubes, scuba or other artificial underwater.

Locations for spearfishing can be found in California Code of Regulations, Title 14, section 2.30. Spearfishing is permitted only in:

a. The Colorado River District for carp, tilapia, goldfish and mullet, all year.

b. The Valley District and Black Butte Lake (Tehama County) for carp, tilapia, goldfish, striped bass, western sucker, Sacramento blackfish, hardhead, Sacramento pikeminnow and lamprey, from May 1 through Sept. 15, except that no spearfishing is permitted in:

- Shasta County (see Section 2.12).
- Tehama County except Black Butte Lake.

- Butte Creek (Butte Co.).

- Feather River below Oroville Dam (Butte Co.).

- Designated salmon spawning areas (See California Fish and Game Code section 1505).

c. The Kern River from the Kern-Tulare county line upstream to the Johnsondale Bridge for carp, goldfish, western sucker, hardhead and Sacramento pikeminnow, from May 1 through Sept. 15.

d. See bullfrogs (Section 5.05).



If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

10 Health Resolutions Doctors Encourage You to Make Today

(STATEPOINT) The New Year represents a fresh start and is the perfect time to invest in your health. However, you may be unsure what resolutions will have the biggest impact. Doctors say that the easy, tangible actions you take are some of the most important.

“Many people kick off the start of each new year with big-picture health resolutions,” says Jack Resneck, Jr., M.D., president of the American Medical Association (AMA). “The good news is that small, positive health choices made right now can have long-lasting effects.”

Want to get started today? Here are the 10 resolutions the AMA recommends top your list this year:

1. Exercise is essential for your physical and mental health, so get moving today. A good rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

2. Vaccination is the best protection against a number of serious illnesses. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot and the COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

3. Get screened. Estimates based on statistical models show that since April 2020, millions of screenings for breast, colorectal, and prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your physician. If you're due for preventive care, tests or screenings, make an appointment. These measures

are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

4. High blood pressure, also known as hypertension, can increase your risk of heart attack or stroke, and it affects millions of Americans. Visit ManageYourBP.org to understand what your blood pressure numbers mean and what you can

do to get your blood pressure under control.

5. One in 3 American adults has prediabetes, a condition that can lead to type 2 diabetes if left unmanaged. However, there are steps you can take that can help delay or even prevent the onset of type 2 diabetes. Learn your risk by taking a simple 2-minute self-screening test at DoIHavePrediabetes.org. This resource also features helpful lifestyle tips that can help you reverse prediabetes.

6. Whenever possible, drink water instead of sugar-sweetened beverages and replace processed foods — especially those with added sodium and sugar — with nutritious, whole foods, including fruits, vegetables, whole grains, nuts, herbs and spices.

7. If consuming alcohol, drink only in moderation. The U.S. Dietary Guidelines for Americans defines that as up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Speak with your doctor or health care professional about quitting tobacco and nicotine use. Declare your home



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and car smokefree to eliminate second-hand smoke exposure.

9. Follow your doctor's instructions when taking prescription drugs — especially opioids. Always store and dispose of these medications safely to prevent misuse. Whenever prescribed antibiotics, take them exactly as directed. Not taking the full course can lead to antibiotic resistance, a serious public health problem, and will not make you feel better if you have a virus, such as a cold or flu.

10. Invest in your mental health by managing stress, getting sufficient sleep, exercising and seeking help from a mental health professional when you need it.

If you don't have health insurance, the AMA encourages you to sign up for coverage at healthcare.gov, which has new, affordable options. The enrollment deadline for 2023 coverage is Jan. 15, 2023. Find more health resources at ama-assn.org. For a healthy 2023 and beyond, invest in your wellness with these doctor-recommended New Year's resolutions. ♦



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Resolve to Protect Your Finances and Your Family in the New Year

(STATEPOINT) After a holiday season spent racking up credit card bills, many Americans consider making financial resolutions in the New Year. However, now is the perfect time to not only re-evaluate your saving and spending, but also commit to creating a more holistic financial plan designed to protect your finances and your family.

Consumers are seeking stability and preparedness in today's uncertain economic environment, according to a recent Consumer Sentiment Tracker study by Lincoln Financial Group. With ongoing inflation and market volatility, 56 percent of respondents cited protection from risk as being most important to them. When it comes to thinking about their finances, people said they have the greatest interest in protecting their family (39 percent) followed by their income (26 percent).

"Our research reinforced the importance of financial solutions that can help consumers navigate through market cycles and protect their loved ones," said David Berkowitz, president, Lincoln Financial Network, Lincoln Financial's wealth management business. "People are not only concerned about having

enough to pay their bills, but also saving for retirement and preparing for the unexpected. It's important to have a well-rounded financial plan that can address those risks, protect assets and create positive outcomes for today's families."

To achieve a stronger financial future, don't neglect your finances in 2023 – instead, add a little TLC (Talk, Learn, Commit). Resolve to create a robust financial plan using these three tips from Lincoln Financial:

1. Talk about it. Financial conversations play a crucial role. Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals. Initiate ongoing discussions to stay on track with everything from saving for retirement to paying for a long-term health-care event, which can happen suddenly and be very costly. Also, consider talking to a financial professional who can help identify solutions that best meet your individual needs, as well as drive better



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outcomes. Lincoln's research found those who work with financial professionals are more likely to prioritize retirement savings (26 percent vs. 10 percent).

2. Learn more about tax-deferred investments. Life insurance can be more than just a death benefit, with some types of policies offering income replacement for unforeseen events. It can also protect your financial security from the impact of taxes, market volatility and longevity. It's not just for individuals and families either, but businesses too. Also, consider diversifying your portfolio with an annuity, which can provide protected growth and monthly lifetime income to help cover expenses in retirement and ensure you have a stream of income.

3. Commit to maximizing your workplace benefits. Look into supplemental coverages like disability, accident and life insurance that may be available through your employer. Solutions like these protect against unexpected events that can disrupt your ability to provide for your family or drive you into additional debt. If you have an employer-sponsored retirement plan, make sure you are contributing and getting a match, if offered. Tap into any financial wellness tools offered at work to help provide you with an accurate picture of your holistic financial situation and lower stress.

Visit www.lfg.com for more tools and resources.

With a robust plan, you can help ensure a solid financial future for you and your family. ♦

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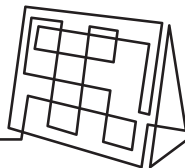
membership, free enrollment at Little Saplings Preschool for employee children and more!

The City is currently hiring to fill two (2) permanent full-time vacancies for this position in the Engineering Division of the Public Works Department.

Under general direction, this position provides administrative, program, budgetary, grant, purchasing, training and work-flow support and project management; analyzes departmental practices and procedures and makes recommendations for organizational, operational, policy and procedural improvements; develops, summarizes and maintains administrative and fiscal records; directs, oversees and manages cultural, environmental, grant, and other programs, and performs related administrative support functions. Desirable qualifications include a combination of training and experience equivalent to a Bachelor's degree in Business or Public Administration, Engineering, or a closely related field. For a full list of requirements and to see the entire job description, visit our website at www.eureka.ca.gov. We will be accepting online applications only until 5:00 p.m. on **Monday, January 30th, 2023**. EOE

Calendar

Jan. 12 - Jan. 26, 2023



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. equityarcata.com.

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Internet, Online. A live open mic poetry reading on Zoom on the last Thursday of each month. Teens and adults share poems in any form or style, or just listen. Email registration required. Free. carrm@mendocino-county.org.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgIKj7.

Winter Lecture Series - Lighthouses of Humboldt County w/Julie Clark. Tue., Jan. 24, 6-7 p.m. The BLM Interpreter and author of *Lighthouses of Humboldt County* gives an historical overview with stories of shipwrecks and lighthouse keepers. Zoom link online. Free. info@lostcoast.org. lostcoast.org/event/winter-lecture-series-lighthouses-of-humboldt-county/.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Internet, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-

registration not required. Free. englishexpressm-powered.com. (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Internet, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org/volunteering. (707) 445-3166, ext. 310.

Del Norte County

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Humboldt County

ARTS & CULTURE

AJ Lee and Blue Summit. Wed., Jan. 25, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Bluegrass. \$26.50.

An Evening w/Greg Sestero: 20th Anniversary of The Room (2003). Thu., Jan. 26, 6:30-11 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6:30 p.m. *Miracle Valley* at 7 p.m. Intermission: Q&A and Interactive Script Reading w/Greg Sestero. *The Room* at 9 p.m. All ages (12

and under parental guidance suggested). \$20. info@arcatatheatre.com. www.facebook.com/events/664429698471473. 707-613-3030.

ArMack Silent Film Comedy Double Feature.

Jan. 19-22. Arcata High School, 1720 M St. The ArMack Orchestra accompanies two silent films: Laurel and Hardy's *Wrong Again* and Buster Keaton's *One Week*, with original music by Ben Model. Fundraiser for travel to a Chicago competition. \$8, \$5 students/seniors. cmoulton@nohum.org. tinyurl.com/armacksilentfilm. (707) 496-5625.

Arts! Arcata. Second Friday of every month, 4-8 p.m. City of Arcata, Arcata. Celebrate the visual and performing arts in Downtown Arcata during Arts! Arcata. Enjoy art, shopping, live music, events and more.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

California Poppies and Home Cookin': A Playhouse Benefit Show. Sat., Jan. 21, 7 p.m. Arcata Playhouse, 1251 Ninth St. The California Poppies play original music with a blend of 1960s nostalgia and modern psychedelia. Home Cookin' plays original tunes and rock standards. Bring your dancing shoes. \$20. info@arcataplayhouse.org. playhousearts.org/events/california-poppies-and-home-cookin-a-playhouse-benefit-show/. (707) 822-1575.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and Maria Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

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Calendar

← CONTINUED FROM PREVIOUS PAGE

Friday the 13th PT8: Jason Takes Manhattan (1989). Fri., Jan. 13, 8-10:45 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Movie starts at 9 p.m. Rated R. All ages (12 and under parental guidance recommended). Tonight's feature is audience participation ala *Rocky Horror*, *The Room*, *MST3K*. Retro gaming in the lobby. Tonight's game: Friday the 13th (NES). \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/5626651707424943. (707) 613-3030.

Inglorious Basterds (2009). Sun., Jan. 15, 5-8:45 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. Rated R. All ages (12 and under parental guidance suggested). Retro-gaming in the lobby. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/1206229473603231. (707) 613-3030.

Kenny Bowling. Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday.

Live Music. Fridays, 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook or Instagram for updates on who's playing. Free. fieldbrookmarket@gmail.com. (707) 633-6097.

McKinleyville Community Choir Rehearsal. Thursdays, 6:30-8:30 p.m. Lutheran Church of Arcata, 151 E. 16th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary. Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

Mulan (1998). Sun., Jan. 22, 5-7:30 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. Rated G. All ages. Retro-gaming in the lobby. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/820835359199380. (707) 613-3030.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeakeasybar@yahoo.com. facebook.com/speakeasyeureka. (707) 444-2244.

Peking Acrobats Featuring The Shanghai Circus. Tue., Jan. 24, 7 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. Ticket info at centerarts.humboldt.edu.

Please Don't Leave. Fridays, 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Scott Hoyle runs this improv-based comedy show with a rotating panel of the best local comedians and touring comics. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Sci-Fi Night: Jaws (1975). Wed., Jan. 25, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 6:55 p.m. Main feature at 7 p.m. Rated PG. All ages (12 and under parental guidance suggested). \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/531943405262924. (707) 613-3030.

Sci-Fi Night: Pacific Rim (2013). Wed., Jan. 18, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 6:55 p.m. Main feature at 7 p.m. Rated PG-13. All ages (12 and under parental guidance suggested). \$5, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/688115426045048. (707) 613-3030.

Shawn Colvin, Marc Cohn and Sarah Jarosz. Thu., Jan. 26, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Americana and folk Grammy winners together in concert. \$155.

Slocan Ramblers. Sun., Jan. 22, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Canadian bluegrass band. \$26.50.

Stand-up Comedy Workshop. Sundays, 6-7 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com. savagehenrycomedy.com. (707) 845-8864.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Thursday Night Art. Thursdays, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Bring your own supplies or use what's around to collage, paint, draw, make an art book. Bring an instrument to jam in the Great Hall. Free, \$5-\$20 donation appreciated. sanctuaryarcata.org.

Vihangam, Birds and Birdwatching in India. Wed., Jan. 18, 7 p.m. Six Rivers Masonic Lodge, 251 Bayside Road, Arcata. Wildlife researcher, photographer, guide and conservationist Karthik Sai, joins virtually from India. Hot drinks and goodies at 7 p.m. Zoom in with online link or come fragrance-free. Free. rras.org.

LIFESTYLE & COMMUNITY

Arcata Plaza Farmers Market. Saturdays, 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Enjoy music (during the main season) and hot food vendors at this fun, family friendly event. Free. info@northcoastgrowersassociation.

org.northcoastgrowersassociation.org/arcata-plaza.html. (707) 441-9999.

Art & Nature at the Refuge. Third Sunday of every month, 1-4 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Art and nature exploration activities for all ages and abilities. Drop-in anytime between 1 and 4 p.m. Rain or shine. There's a different theme each month. Free. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Audubon Guided Field Tour. Sun., Jan. 15, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. Join tour leader Ralph Bucher on a flat, paved, wheelchair accessible trail with species abundance and diversity. Email to sign up. Free. thebook@reninet.com. rras.org.

Audubon Guided Field Trip. Sat., Jan. 14, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring binoculars and meet trip leader Kathryn Wendel at the end of South I Street (Klopp Lake) for easy-to-walk trails, bay views and a diverse range of winter birds, including ducks, geese, shorebirds, raptors, loons, grebes and mergansers. Free. rras.org.

Audubon Guided Field Trip. Sat., Jan. 21, 9-11 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Join Redwood Region Audubon Society and Cal Poly Humboldt waterfowl and wetlands lecturer for this waterfowl-focused walk. Dress warm and bring binoculars and a scope if you have one. Free. www.rras.org.

Beginning Birdwatching & Project Feeder Watch. Third Saturday of every month, 10 a.m.-noon. Jacoby Creek School, 1617 Old Arcata Road, Bayside. Drop in to watch and learn about birds in an informal, family-friendly setting. Bring binoculars. A few pairs available. Visit feederwatch.org/about/project-overview. Free. daseeger@gmail.com. rras.org/home.aspx.

Bingo Night. Fourth Tuesday of every month, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Beer-ingo! Free. (707) 269-7143.

Bowl of Beans, Martin Luther King Jr. Day Celebration. Mon., Jan. 16, noon. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Honor Dr. Martin Luther King Jr. and support youth in our community. cityofarcata.org/rec.

Community Stewardship Day. Fourth Sunday of every month, 10 a.m.-1 p.m. Seawood Cape Preserve, 2265 Patricks Point Drive, Trinidad. Remove invasive plant species at Seawood Cape Preserve. Wear long sleeves, pants, hats and sturdy shoes, and bring water. Register online. Free. seawoodcapepreserve@wildlandsconservancy.org. Seawood-Cape-Preserve-Community-Stewardship-Days.eventbrite.com. (707) 633-9132.

FOAM Marsh Tour. Saturdays, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Join marsh docents (volunteers recruited and trained by FOAM) for a 90-minute guided walking tour. Please bring masks and observe COVID protocols. (707) 826-2359.

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2002 Honda Civic EX Sedan



Color: Beige
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 1.7L I4 SOHC 16V
Mileage: 129,309
Stock #: 1036

\$6,988

2010 Nissan Cube 1.8 SL



Color: Blue
Interior: Cloth
Drive: FWD
Trans: Manual
Engine: 1.8L I4 DOHC 16V
Mileage: 140,040
Stock #: 1024

\$7,488

2005 Ford Escape XLT



Color: Silver
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 3.0L V6 DOHC 24V
Mileage: 139,078
Stock #: 1038

\$7,988

2005 Dodge Dakota SLT Club Cab



Color: Blue
Interior: Cloth
Drive: 2WD
Trans: Automatic
Engine: 4.7L V8 SOHC 16V
Mileage: 107,721
Stock #: 1033

\$9,988

2015 Ford Explorer Base FWD



Color: Black
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 3.5L V6 DOHC 24V
Mileage: 140,512
Stock #: 1020

\$12,988

2015 Subaru Forester 2.5i Sport



Color: Gray
Interior: Cloth
Drive: AWD
Trans: Automatic
Engine: 2.5L H4 SOHC 16V
Mileage: 118,313
Stock #: 4277-1

\$14,988

2014 Subaru Outback 2.5 Limited



Color: Gray
Interior: Leather
Drive: AWD
Trans: Automatic
Engine: 2.5L H4 DOHC 16V
Mileage: 117,834
Stock #: 1037

\$15,988

2016 Honda Civic LX



Color: Blue
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 2.0L I4 DOHC 16V
Mileage: 121,165
Stock #: 1042-E

\$16,988

2014 Toyota Highlander LE AWD



Color: Gray
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 3.5L V6 DOHC 24V
Mileage: 148,832
Stock #: 1035-E

\$17,988

2015 Ram 1500 Tradesman Quad Cab



Color: White
Interior: Cloth
Drive: 2WD
Trans: Automatic
Engine: 3.6L V6 DOHC 24V
Mileage: 99,172
Stock #: 1028-E

\$17,988

2019 Chevrolet Colorado Ext Cab



Color: White
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 2.5L I4 16V
Mileage: 90,696
Stock #: 1043-E

\$20,988

2017 Honda Accord Sport



Color: Black
Interior: Leather
Drive: FWD
Trans: 6 spd
Engine: 2.4L I4 DOHC 16V
Mileage: 51,604
Stock #: 1041-E

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Calendar

← CONTINUED FROM PAGE 10

Forest Restoration at Rohner Park. Sat., Jan. 21, 9-11 a.m. Fortuna Firemen's Pavilion, 9 Park St. Remove invasive English Ivy and French Broom. Tools and gloves available but you are encouraged to bring your own. High winds or heavy rain cancels. Light snack provided. Free. unde1942@gmail.com. (707) 601-6753.

Habitat Improvement Team Volunteer Workday. Second Saturday of every month, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Wear long pants, long sleeves and closed-toe shoes. Bring drinking water. Tools, gloves and snack provided. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Humboldt Stamp Collectors' Club. Fourth Tuesday of every month, 6-8 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. New collectors and experts welcome. Learn about stamps, collecting and see local experts in stamps share their collections. Free. humstampclub@gmail.com.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classes/programs.html. (707) 443-9694.

Look Closer and Make Connections. Tuesdays-Saturdays, 10 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Explore new exhibits and activities, including a grizzly bear specimen, Discovery Boxes, microscopes, puzzles, scavenger hunts and more. \$3. natmus@humboldt.edu. natmus.humboldt.edu. (707) 826-4479.

MLK Day of Service. Mon., Jan. 16, 8 a.m. Youth

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9	4			2					
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	2			5		8		4	
6		1					5	7	
		9	3		6	1			
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2		4		8			6		
	9	7	6	3				8	
			5				9	1	

www.sudoku.com

Educational Services, 1 Harpst Street, Arcata. CalPoly Humboldt students, staff and faculty and community members are welcome. Learn more and register online by Jan. 10. yes.humboldt.edu/mlk.

Out 4 Business. Last Wednesday of every month, 4-6:30 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. An LGBTQ+ professionals networking mixer for LGBTQ+ community, friends, allies and business professionals who value diversity and inclusivity. Food and drinks. Free. trex@historiceaglehouse.com. [facebook.com/events/465896384993422/](https://www.facebook.com/events/465896384993422/) 465896418326752/?active_tab=discussion. (707) 407-0634.

Pathway to Payday. Jan. 23-26, 10 a.m.-1 p.m. Betty Kwan Chinn Day Center, Corner of Seventh and C streets, Eureka. Four-day employment workshop series focusing on enhancement of application, resume and interview skills. Opportunity to interview with real employers for real jobs. Free. swood2@eurekaca.gov. (707) 672-2253.

Pints for Non-Profits: Humboldt Chapter Surfrider Foundation. Wed., Jan. 25, 12-10 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Drink for a cause. The Surfrider Foundation is dedicated to the protection and enjoyment of the world's ocean, waves and beaches through its activist network. Free.

Pints for Non-Profits: Redwood Coast Mountain Bike Association. Wed., Jan. 18, 11 a.m.-10 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Drink for a good cause all day. Plus music by The Elderberry String Band from 6-9 p.m. redwoodcurtainbrewing.com.

Trivia Night. Third Tuesday of every month, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Test your knowledge while enjoying craft beer. The winning team wins a Redwood Curtain gift card. (707) 269-7143.

Wellness and Nutrition. Wed., Jan. 18, 12-1:30 p.m. Eureka Woman's Club, 1531 J St. The program, featuring Certified Wellness Coach Pamela Nance Lee, begins at 12:30 pm following a brown bag lunch at noon. Free. ewc@eurekawomansclub.org. eurekawomansclub.org. (707) 442-3458.

NIGHTLIFE

Bingo Night. Tue., Jan. 24, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Beer-ingo! Free.

Karaoke. Tuesdays, 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

Live Music: Blueberry Hill Boogie Band. Sat., Jan. 14, 6-9 p.m. Redwood Curtain Brewing & Tasting Room, 550 South G St., #4, Arcata. Rock and rock, soul and swing. Free. redwoodcurtainbrewing.com.

Live Music: Joel Martin. Thu., Jan. 26, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Two solo multi-set shows: a Grateful Dead set and a set of rock

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Calendar

← CONTINUED FROM PREVIOUS PAGE

classics by Beatles, Bowie, Beach Boys, etc. Free.

Live Music: Tristan Norton. Thu., Jan. 19, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Enjoy Tristan Norton solo and unplugged. free.

Reel Genius Trivia at Fieldbrook Market & Eatery every Sunday. Sundays, 6-8 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. General trivia for prizes. Max seven per team. Free. partners@reelgeniustrivia.com. (707) 601-1606.

Reel Genius Trivia at Scotia Lodge 1st/3rd Thursday Monthly. Thu., Jan. 19, 6-8 p.m. Scotia Lodge, 100 Main St. General trivia; fun for everyone. Family friendly, free to play. Max 7 players per team. Fun format with prizes for winners. partners@reelgeniustrivia.com. fb.me/e/2umTGMIIP. (707) 601-1606.

Throw 'Em Back Thursdays. Third Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throw-back, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

Thursday-Friday-Saturday Canteen. Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Trivia Night. Tue., Jan. 17, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Come drink beer and show off how smart it makes you! free.

Mendocino County

LIFESTYLE & COMMUNITY

Drive Thru Crab Feed. Sat., Jan. 21, 2 p.m. Fort Bragg Fire House, 141 N Main Street. Enjoy delicious crab, locally made chowder, salad, bread and dessert and help support the Fort Bragg Rotary and Mendocino Coast Sports Foundation. \$50. (707) 964-5915.

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino. Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah. ♦



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HOME COUNTRY

By Slim Randles



DOC WAS JUST getting up to leave the philosophy counter as Herb walked in. Herb was grinning and flexing muscles and had the look of eagles in his eyes. We stared.

"Herb," said Doc. "You know, you can overdo a good thing."

"Why Doc ... whatever do you mean?"

"I realize that getting more exercise is your resolution for the new year, but a man your age ... you need to pace yourself a little, that's all. Don't try to get in shape all at once."

"Why Doc, I've never felt better in my life. Hey, you were so right to get me on this exercise kick. I've been meaning to thank you. It's just what I've been needing. What would you think about my playing some football in the spring? I mean, it's just touch football, but I miss the ol' razzmatazz, you know?"

Doc shook his head sadly and walked out. Herb started laughing and sat down with us and flipped his cup over for his morning eye opener.

"What was that all about, Herb?" Dud asked.

"A little joke I'm playing on Doc, that's all," Herb said. "You remember how Doc has been on my case to get more exercise and slim down some? Well, there was only one way to shut him up, so I started running. I bought a sweat suit and started running. I run past his house each morning. Then, about an hour later, I run past his house the other direction, huffing and puffing and looking at my watch."

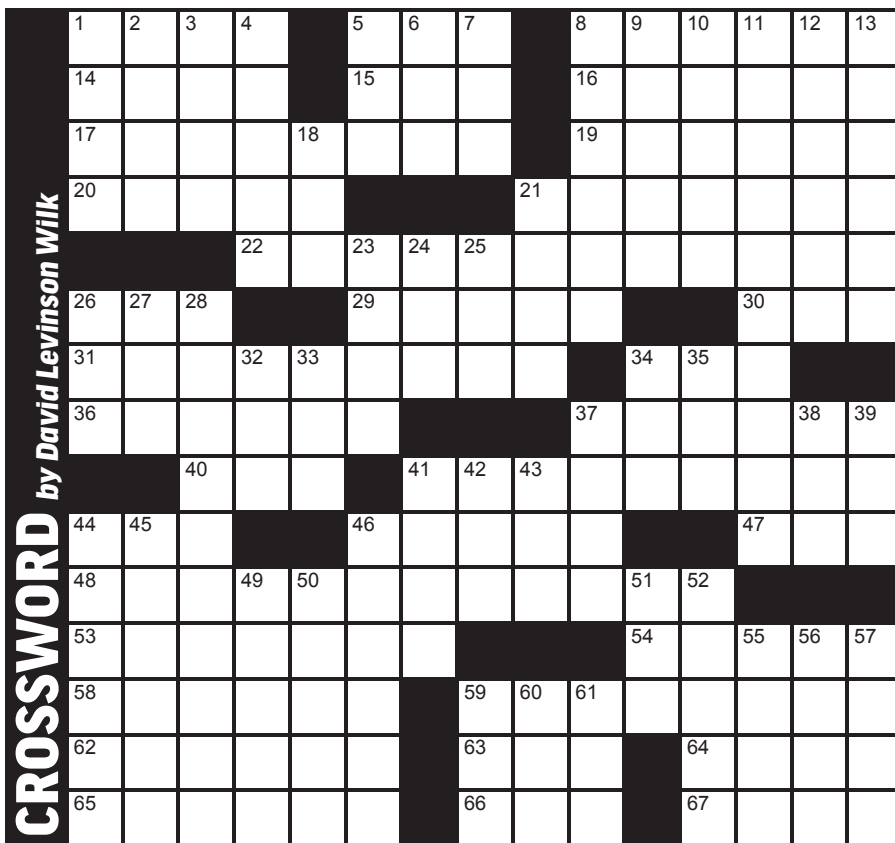
"An hour? You run for an hour each morning?"

"Of course not," Herb said, laughing. "I run past Doc's house then walk the block to the library. An hour later, I run past Doc's house and then walk two blocks home."

We stared at him.

"What?" he said. "You know Doc's going to worry about me one way or the other. I just thought I'd change it up a bit." ♦

Brought to you by Saddle Up: A Cowboy Guide to Writing by Slim Randles. Now available as a Kindle book on Amazon.com.



CROSSWORD by David Levinson Wilk

FINE — Answers in the next edition

ACROSS

1. "Dracula" star Lugosi
5. She plays Mia in "Pulp Fiction"
8. Yellowish-brown colors
14. Deuce follower
15. Use a laser on
16. January birthstone
17. 2008 Mary J. Blige hit
19. Aptly named monthly of the National Puzzlers' League, with "The"
20. When Macbeth kills Duncan
21. Los __
22. 1989 Indigo Girls hit
26. Floor
29. Director Capra
30. '60s antiwar grp.
31. 1964 Beatles hit
34. "Poppycock!"
36. Puts on, as a show
37. Don't aspire to much
40. Vladimir Putin's former org.
41. 1963 Chiffons hit
44. Collision sound
46. Jonas Salk, his wife and their children were among the first to receive the vaccine for this in 1952
47. Casual shirt
48. 1936 Fred Astaire hit recorded by Billie Holiday in the same year
53. Arranged in a row
54. Tennis __
58. Hospital item
59. Tweak ... or any of five answers in this puzzle
62. Fatty acid salt
63. "We __ the 99%"
64. "The Lord of the Rings" creatures
65. Confuses
66. Turner of U.S. history
67. Opposite of "da"

DOWN

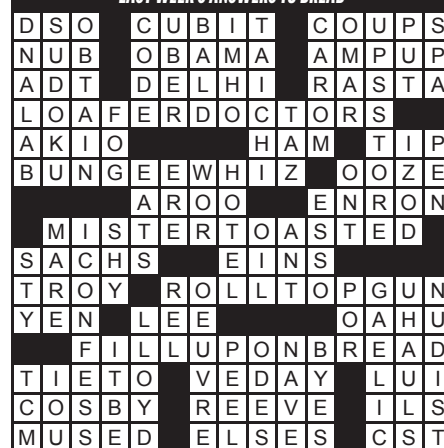
1. Cabo's peninsula
2. Part of NEA: Abbr.
3. It's just one thing after another
4. Shenanigan
5. Assault weapon named for its designer
6. One seen on the right side of a "March of Progress" illustration
7. One seen on the left side of a "March of Progress" illustration
8. Tommy Lee Jones' role in "Men in Black"
9. Tropical fruit
10. Lawyer's writing
11. Class with Dickens or Donne, say
12. Patch again
13. Equilibria
18. Chick __-A
21. Duncan who resigned from Obama's cabinet in 2015
23. Does away with
24. __ Lanka
25. Suffix with Caesar
26. "America's Dairyland": Abbr.
27. O'er and o'er
28. Like someone with an IQ of room temperature
32. Easter __

33. Syr. neighbor
34. Kind of lab
35. Big inits. in bowling
37. John Irving's " __ of the Circus"
38. Vending machine insert
39. Pint-size
41. Earring style
42. Tree in many street names
43. Singer of the 2014 hit "Chandelier"
44. Spanish discoverer of the Pacific, 1513
45. Off course
46. Fruit featured in Sunsweet ads with the slogan "Today

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- the Pits, Tomorrow the Wrinkles"
49. Country whose flag's triangles represent the Himalayas
50. Computer hookup?
51. Letter in a copyright symbol
52. John with an Oscar and a Tony
55. Put six feet under
56. Grimm start?
57. Kim Kardashian __
59. Enthusiast
60. Glass of "This American Life"
61. Catchy thing?

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